



Lower Phase Pastoral News

Term 2

December 2019

Please take some time to learn about what we are teaching our students in school and the benefits this has for them as people.

Lower Phase Values

Resilience

RESPECT

Honesty

Empathy

COURAGE

We like to move it move it!

The Shakespeare Theatre at the British School of Kuwait resonated with the sound of music and laughter as the Reception students performed their annual Movement to Music recitals this term. 330 students performed their carefully choreographed pieces under the watchful eyes of specialist performance instructors Miss Sasha and Miss Ammal

Movement to Music plays an important role within the Reception curriculum. Not only is it great fun and good exercise, it helps children develop their spatial awareness, sense of timing, rhythm and sequencing of movements.

The atmosphere was electric with anticipation and the children exceeded all expectations. Lighting and sound were professionally combined by Mr Sami and

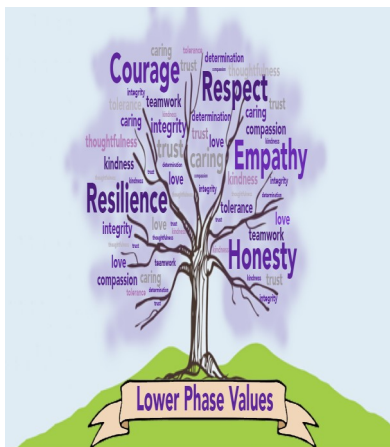
all teachers and assistants, led by Miss Jennifer, enjoyed a good work out.

Parents, grandparents and teachers all left the auditorium swaying to the

'Wiggly Woo' and humming 'It's A Small World'

Vanna Biji Vinu, Reception 9 said **"I had lots of fun. I liked joining in and I loved the beanbag song best"**

Encouraging a healthy and active lifestyle is a big part of our Lower Phase curriculum. We are passionate about teaching the children the importance of physical activity for developing a healthy body and mind.



Value of the Term: Honesty

This term, we have focused on encouraging our students to be honest, reliable and trustworthy.

During our Values assemblies, we have explored what it means to be honest. Some students in Year 2 defined honesty as:

- Telling the truth, even if

it gets you into trouble.

- Behaving in a trustworthy way so you choose to do the right thing, even when nobody is looking.
- To act with integrity and stand up for what is right.

Whoever is careless with the truth in small matters cannot be trusted with important matters"
— Albert Einstein



Seatbelts are for Superstars!

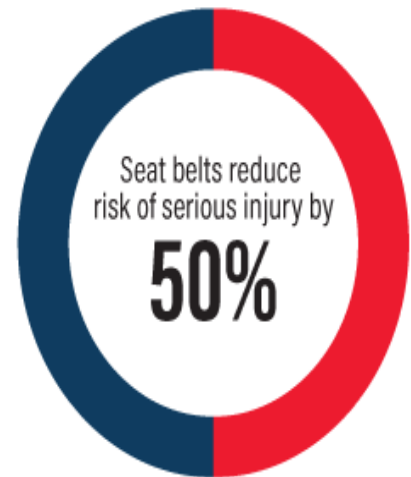
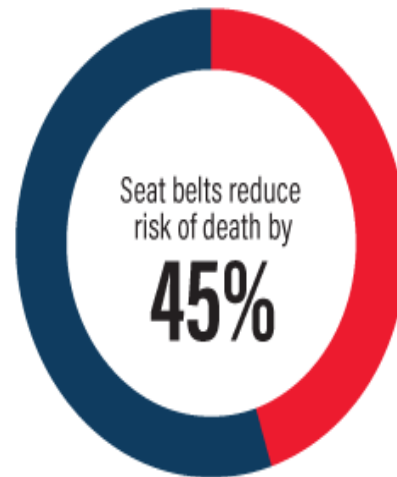
At BSK, the safety and well-being of our students is paramount. Our students are very precious to us and much consideration is given to promoting their health, safety and well-being, not only in school but at home too.

In the Lower Phase, we have been working with the children to teach them the importance of wearing their seatbelts when travelling by car or bus. We teach the children that wearing seatbelts is one of the ways that they can keep themselves safe and we raise awareness by discussing this in assemblies and as part of our PHSE lessons.

We would urge parents and other family members to support us with our campaign and encourage children to always buckle up whenever they travel by car or bus. Please help them to understand the importance of wearing a seatbelt by setting a good example yourself. Please make sure your child witnesses you buckling up every time you get into a car, as well as actively pointing out when others fail to do so. By continuously reinforcing the action, your child will mimic your behavior and internalize the importance of the action.

Before you take your foot off the brake, always make sure your child is buckled properly.

The dangers of not buckling up



3 out of 4 people who are ejected die from serious injuries



30 times

More likely to be ejected if not wearing a seat belt

One person killed every

13 minutes

One person injured every

7 seconds

Send us your seatbelt selfies!

Next time you're out and about in the car, snap a picture of yourself wearing your seatbelt and a huge smile.

Send your seatbelt selfies to Miss Clare (clm@bsk.edu.kw) and she will display them on the Wall of Fame.

Look out for your teachers' seatbelt selfies too!

Lower Phase Resilience Ambassadors

Last term, we had a huge focus on promoting 'resilience' with our students. We were encouraging students to overcome challenges and difficulties with positivity and determination. Throughout Term 1, teachers nominated the students in their classes who demonstrated resilient qualities. These students were celebrated in assemblies and have had their names published in our Golden Book of Values. A huge well done to the following ambassadors:

Reception Ambassadors

R1 Linah Alsarraf
 R2 Rowaida Sayed
 R3 Jana Alhadhood
 R4 Lamar Makki
 R5 Abdulaziz Khalil
 R6 Mohammad Almousawi
 R7 Kenda Aldayash
 R8 Bassem Abdelbaset
 R9 Lillian Sliman
 R10 Noor Alesawy
 R11 Mohammad Ghashemi
 R12 Ali Carreno Topic

Year 1 Ambassadors

1.1 Ryan El Moualem
 1.2 Yaqoub Hajeya
 1.3 Gharam Almussallam
 1.4 Lara Abdulsamad
 1.5 Marwan Khandil
 1.6 Mahdi Alshawaf
 1.7 Faii Monchament
 1.8 Zeineldin Mohamed
 1.8 Zeina Gadalla
 1.9 Samy Chalouche
 1.9 Zaineldin Sewilam
 1.10 Raghad Almubaraki
 1.12 Linah Alothman

Year 2 Ambassadors

2.1 Khalifah Alkhalifah
 2.2 Awrad Alqattan
 2.3 Habebah Almuaili
 2.4 Mariam Badawi
 2.5 Aljoud Alshemali
 2.6 Waleed Alrubaian
 2.7 Amani Jafar
 2.8 Mousa Alqallaf
 2.9 Yousef Altukhaim
 2.10 Kamelia Ivanova
 Atanassova
 2.11 Atilla Han Algan
 2.12 Saqer Alkhamees
 2.13 Ali Ali



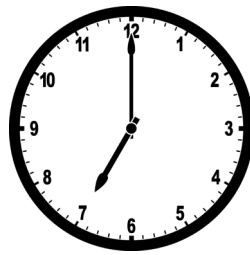
A Point on Punctuality

At BSK, we have the highest aspirations for your child: we know that the world is run by those who turn up, and that every lesson counts towards your child's achievement. We also know that you, as your child's parent/carer, want your child to get on well in life. Children only get one chance at school, and your child's chances of a successful future may be affected by not attending school

every day on time. When children do not attend or are late, they struggle to keep up with school work and miss out on the social side of school life – especially at primary school. Poor attendance can affect children's ability to make and keep friendships, a vital part of growing up.

When children arrive to school late, they have a disruptive start to the day.

Children who arrive late miss out on their phonics lessons which are crucial for developing their reading and writing skills. At BSK we work with our parents in partnership to ensure that children are being given every opportunity to access their learning. If you are having difficulty getting your child to school on time, please speak to the class teacher or Miss Clare.



How you can help?

Make sure your child arrives at school on time every day.

Take an interest in what is happening for your child in school. Ask them about their day and praise and encourage their achievements at school.

If you think you might need to take your child out of school, discuss the reasons with the school as early as possible. Reasons such as family bereavement would be acceptable for short absences. Unacceptable reasons for missing school include shopping and birthdays.

If your child is ill or absent for any other reason, contact the school on the first day of absence – you can either phone Miss Clare on **1830456 ext 1208** or email clm@bsk.edu.kw

Make sure your child understands that you do not approve of them missing school and be on the alert for any particular reasons for non-attendance, such as friendship issues or problems with school work, please discuss these with us as early as possible.



Congratulations to the teachers and students of the following classes who have the highest attendance levels this term

Miss Rhiannon and Reception
8 (94%)

Miss Anna and 1.4 (96%)

Mr Ambrose and 2.7 (96%)

#SCHOOLEVERYDAY

Attend Today



Achieve Tomorrow



PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

www.biglifejournal.com

PRAISE

FOR:
EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE

RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR:
BEING SMART
BORN GIFTED
TALENT

FIXED ABILITIES
NOT MAKING MISTAKES

SAY:

"YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"

"WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."

THE POWER OF "NOT YET"

SAY:

"YOU CAN'T DO IT YET."
"YOU DON'T KNOW IT YET."

"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"

FAILURES AND MISTAKES = LEARNING

SAY:

"YOU CAN LEARN FROM YOUR MISTAKES."

"MISTAKES HELP YOU IMPROVE."

"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

GROWTH MINDSET

YOU CAN GROW YOUR INTELLIGENCE

VS

FIXED MINDSET

YOU CAN'T IMPROVE NATURAL ABILITIES YOU WERE BORN WITH

BRAIN CAN GROW

SAY:

"YOUR BRAIN IS LIKE A MUSCLE. WHEN YOU LEARN, YOUR BRAIN GROWS. THE FEELING OF THIS BEING HARD IS THE FEELING OF YOUR BRAIN GROWING!"

ASK

"WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"

"WHAT NEW STRATEGIES DID YOU TRY?"

"WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"

"WHAT DID YOU TRY HARD AT TODAY?"

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.

BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"

Just for Fun!

Joke of the Term

Q: What do you call an alligator in a vest?

A: An inVEStigator



Spot the Differences

Clinic News



Our award winning clinic continues to care for our students and this term, children in the Lower Phase have had their annual height and weight checks. Parents will have received consent for medication forms and we ask that you read these carefully, sign and send back to school as soon as possible.

If your child has a specific medical condition of which we should be aware, please ensure that the medical staff are informed as soon as possible, and that the appropriate medical note or certificate can be seen. Once the clinic staff are informed of any new or existing medical conditions, they can create a care plan for your child.

Nut Allergies

We have students in the Lower Phase who have serious nut allergies and being exposed to nuts in the environment can trigger some harmful effects. Therefore, we ask parents to avoid sending any food into school which may contain nuts.

Thank you for your support and consideration with this

PLEASE



NO PEANUTS OR NUT PRODUCTS

Here at BSK we strive to work in partnership with you as parents to make school as enjoyable an experience as possible. This section will detail what you can do at home to help us ensure that life at school runs smoothly.

Head Lice – Together We Can Fight Them!

Head lice are a normal part of childhood—surveys among primary school children have found that nearly 1 in 10 have had lice at any one time. If you're a parent you probably know what a hassle it is to treat head lice and just how frustrating it can be when your child comes home scratching their head yet again. But parents, you've got the power to stop lice in their tracks!

By following a simple three step process,

Check-Treat-Complete, you can fight back against these bug bullies!

Head Lice Advice

CHECK

- Your child's hair **once a week**
- Use a proper detection comb to trap head lice, preferably white in colour so that the lice can easily be seen
- If you find live lice, consult a pharmacist for treatment advice
- If head lice are spotted, check the whole family, including yourself, and ask close family and friends to check as well

TREAT

- **Only** treat if live lice are identified
- Use a clinically proven treatment, ideally with a physical mode of action to which lice are very unlikely to build up resistance
- Leave the treatment on for the recommended time for maximum effect – leaving it on for longer will **not** make it more effective

COMPLETE

- Check that all head lice have gone within 2-3 days of the final application to complete the treatment
- If the pack instructions specify that a second application is required, repeat the treatment for a second time seven days after the first to kill any lice that may hatch from eggs during that time
- Continue to check for head lice on a regular, weekly basis